



# CSA NEWSLETTER

Summer 08: Week 18: 10/8/08

**This week is: GROUP B**  
(LAST group B week is 10/22/08)

*It's official: we've had our first hard frost. Last Friday evening, Mike and I were out in the fields until we couldn't see anything but our own breath. We were trying to pull out any and all of the peppers, eggplant, and tomatoes before the frost. And frost it did! At 5:45 am on Saturday when we left for market, we had to scrape the thin sheet of frost/ice off the windshield of the box truck.*

*So what does a hard frost mean? Well basically it means that any warm-loving crops in the field go kaput. If you were to walk in our fields, you'd see rows of blackened leaves on the pepper and eggplants. You wouldn't see any more*

*tomatoes, as we've already pulled them down. The only tomatoes left on the vine are the few growing in our hoophouse.*

*We were able to get a row of red peppers covered, so we may still have peppers next week. But it appears that this week will most likely be the last for tomatoes, eggplant, and green peppers.*

*As we pull down more and more crops that are done for the season, we are slowly getting the whole farm cover-cropped.*

*To protect our soil over the winter and to add increased plant matter (which will provide additional carbon and nitrogen to the soil in spring), we are planting mostly hairy vetch and winter rye as cover crop for the winter. The hairy vetch can fix nitrogen, meaning it can take nitrogen from the atmosphere and make it available for plants to take up through their roots. We plant the winter rye because of its ability to live through cold temperatures and to provide plant matter for additional soil creation. We actually plant them together using what's called a grain drill. This is an implement has about a dozen little seed bins, and each bin is attached to its own line. Pulled behind*

*the tractor, the implement rakes the soil and each bin drops its seed onto the ground. In this way, we can cover crop an area relatively quickly.*

*We're beginning to break garlic for the 2009 season. To plant garlic, we break apart garlic bulbs of excellent quality. The cloves are individually planted, and will each grow into a garlic bulb to be harvested next July. We hope to have next season's garlic planted in the next two weeks.*

*This week you may notice that there is a sulfur aroma in your box. That's thanks to the broccoli and cauliflower. This family of plants contain mustard oils called isothio-cyanates, natural chemicals that break down into a variety of smelly sulfur compounds, including hydrogen sulfide and ammonia. The smell is very noticeable with so many of the same family in a box.*

*In last news, our remaining fall raspberries (which were gorgeous!) got nipped by the frost. Our apologies to those 15 members who didn't get any.*

*Sincerely,  
Cassie and Mike*

## In the Box:

### **Beauty Heart Radish**

*These are whiteish-green bulbs, that are bright pink on the inside. Great on salads!*

### **Beets (Red or Gold)**

**Broccoli EO only**  
*Remember to soak - caterpillars are still with us!*

### **Carrots**

### **Cauliflower**

### **Dill**

### **Eggplant (Japanese of Globe) EO only**

### **Fennel**

### **Festival Squash**

### **Green Pepper**

### **Head Lettuce REGs**

### **Leeks EO only**

### **Orange Bell Pepper**

### **Red Peppers**

### **(Carmen, Bell, Lipstick)**

*Carmen are long, skinny, red*

### **Tatsoi EO only**

### **Tomato**

## ANNOUNCEMENTS

To preorder Kindly Kraut: email Andy by the Sunday before your pick-up day @ [finfin@riseup.net](mailto:finfin@riseup.net). Tell him your name, dropsite, share type, and order. Then mail him your payment to:

1218 E. Mifflin St.,  
Madison, WI 53703

# The Joy of Cooking Vegetables

## Winter Slaw

Ok, it seems a little early to call anything "winter", but the time is coming. This tastes so fresh and crunchy you'll never think of it as stogy winter food.

2 beauty heart radishes, sliced into long matchsticks  
2 carrots, cut into long matchsticks.  
1 bulb of fennel, sliced very thinly  
1 red or green pepper, sliced into long slivers  
 $\frac{1}{2}$  c plain yogurt or mayonnaise  
1 dill pickle, chopped  
2 T fresh dill, chopped  
a couple dashes of paprika and celery salt

Blend everything together. I think this tastes exceptional with falafel in a pita. It also packs well for lunches

## Cauliflower or Broccoli Mac n Cheese

Obviously, this is terrifically good. I modified a recipe from this month's Bon Appetit to match our box.

1 large cauliflower, or broccoli, or a mixture of both, broken into florets  
2 large, or 4 small tomatoes  
5 T butter  
1 leek, washed and sliced thin  
2 T flour  
1 c whole milk  
3 c grated gruyere, fontina or comte cheese  
 $\frac{3}{4}$  c parmesan cheese  
1 c sour cream  
1 T mustard  
10 oz pasta, penne is good

Prepare the pasta according to the package directions, but 3-5 minutes before the pasta is done, drop in the cauliflower to cook. Drain. Meanwhile, heat the butter in a skillet; add the leek and sauté until tender. Add the flour and stir to blend. Add the milk all at once and whisk together. Bring to a boil. Remove from the heat and add the sour cream, tomato and mustard. Combine the sauce with the pasta. Lay half the pasta in a 9x13 pan. Sprinkle with half the gruyere. Add the rest of the pasta. Sprinkle with the remaining cheeses. Bake at 350 until heated through.

## Kraut!!

I couldn't resist the chance to try and convince you of fresh kraut's virtues so I'm including a few recipe ideas and nutrition info in this week's newsletter. Think about giving Andy's kraut a try if you haven't already!

*Real Live Food:* Fresh, real kraut is healthy for you in the same way real yogurt is healthy. It has live, active cultures in it that can help with digestion and promote overall health. Also, it tastes much better than the canned or jarred kraut in the store. Most of those have been pasteurized, which destroys its beneficial qualities.

*Beyond Brats:* Everybody knows kraut goes with brats. But there's so much more you can do with it. It's an excellent condiment for many types of foods.

**Grilled cheese and kraut:** A friend made this for me the other day - assemble your sandwich with aged cheddar or swiss cheese and a big spoonful of kraut. Grill as usual. Try with apples and onions too!

**Steamed broccoli and kraut:** Adding the tart, tangy flavor of kraut to steamed broccoli makes for a more interesting vegetable side dish.

**Pierogies with Tomato, Kraut and Dill:** Pierogies are like polish ravioli- mashed potatoes and cheese tucked into a noodle-like dough and boiled until tender. They're really fabulous tossed with fresh chopped tomatoes, kraut and dill. How fortunate those are in the box this week! Pierogies are a fun family activity to make- or you can buy them frozen.